




# 10U CLINIC - TUESDAYS & THURSDAYS - 4PM - 5PM

CRITERIA - 10U Clinic	<b>ORANGE 1: New or Less Experienced Players</b> Ball Skills: Limited Rally with coach	<b>ORANGE 2: Moderately Experienced Players</b> Ball Skills: Rally with Coach	<b>ORANGE 3: Experienced Players</b> Rally Player to Player
<b>COMMITMENT OF STUDENT: How many days per week should they play</b>	Attend Clinic 2 Days a Week (Tues/Thurs 4-5pm)	<ul style="list-style-type: none"> <li>Attend Clinic 2 Days a Week (Tues/Thurs 4-5pm)</li> <li>Possibly 1 tournament when ready or team tennis</li> </ul>	<ul style="list-style-type: none"> <li>Attend Clinic 2 days a Week (Tues/Thurs 4-5pm)</li> <li>PLUS 1 lesson or play on own</li> <li>3 tournaments a year or team tennis</li> </ul>
<b>AVERAGE TIME BEFORE ADVANCEMENT to "Next Clinic Level"</b>	2-6 MONTHS	3-6 MONTHS	3-9 MONTHS
<b>STROKE &amp; TECHNIQUE USED AT THIS DEVELOPMENT STAGE</b>	<ul style="list-style-type: none"> <li>Basic Technique Using Eye Coach and Hand Feeds</li> <li>Forehand: Basic racket skill w/contact point</li> <li>Backhand: 2 hand bh</li> <li>Serve: OH serve, freeze follow through</li> <li>Volleys: stationary volleys</li> </ul>	<ul style="list-style-type: none"> <li>Eye Coach Machine to help with timing and spin</li> <li>FH: Introduce Small "C" loop and topspin</li> <li>BH: Work on differentiating &amp; preparing for BH</li> <li>Serve Oscar Wegner: Stance, feet still, hit target, freeze on follow through Volleys w/ movement</li> </ul>	<ul style="list-style-type: none"> <li>FH: Small "C" Loop and topspin</li> <li>BH: correct grip, switch grips from FH to BH</li> <li>Serve: Oscar Wegner stance, feet still, hit target</li> <li>Volley: blocking motion, we play doubles and need to learn volley</li> </ul>
<b>RALLY DEVELOPMENT/PROGRESSION</b>	<ul style="list-style-type: none"> <li>Warm Up with Red Ball Rally from Service Line</li> <li>Rally with a Coach • Drop and Hit</li> <li>Lobster or Sword and Shield pop up game</li> <li>Hand Toss Rally with immediate hand feed on miss</li> </ul>	<ul style="list-style-type: none"> <li>Warm Up with Red Ball Rally from Service Line-Player to Player for consistency</li> <li>Rally with a coach using tactics and advanced shots</li> <li>Begin to Rally w/orange balls player to player</li> </ul>	<ul style="list-style-type: none"> <li>Warm Up with Red Ball Rally from Service Line-Player to Player</li> <li>Player to Player Rallies hitting cross court and down line</li> <li>Consistency on rallies trying to make 5-10 shot rallies</li> </ul>
<b>SERVE</b>	<ul style="list-style-type: none"> <li>OH Serve--strive for simple success</li> </ul>	<ul style="list-style-type: none"> <li>OH Serve</li> </ul>	<ul style="list-style-type: none"> <li>OH Serve: Begin to hit serve with spin, location, and moderate power</li> <li>Start games and rallies w/serves</li> </ul>
<b>POINTS/GAMES</b>	<ul style="list-style-type: none"> <li>Players vs Coaches</li> <li>Introduce Player vs Player games</li> <li>Introduce scoring system sets to 4 games - 'no ad' scoring</li> </ul>	<ul style="list-style-type: none"> <li>Player vs Player 4 game sets</li> </ul>	<ul style="list-style-type: none"> <li>Player to Player 4 games sets</li> <li>2 out of 3 sets with tiebreaker for 3rd set</li> <li>Play 'no ad' or deuce scoring</li> </ul>
<b>COURT SIZE, COLOR OF BALLS, RACKET SIZE</b>	<ul style="list-style-type: none"> <li>60 foot court (Blue Lines)</li> <li>Orange balls</li> <li>23" or 25" racket</li> </ul> 	<ul style="list-style-type: none"> <li>60 foot court (Blue Lines)</li> <li>Orange balls</li> <li>23" or 25" racket</li> </ul> 	<ul style="list-style-type: none"> <li>60 foot court (Blue Lines)</li> <li>Orange balls</li> <li>23" or 25" racket</li> </ul> 
<b>TACTICAL INTENTION</b>	<ul style="list-style-type: none"> <li>Get to the shot on balance</li> <li>Make it over the net</li> </ul>	<ul style="list-style-type: none"> <li>Get to the shot on balance</li> <li>Control the placement of the shot</li> </ul>	<ul style="list-style-type: none"> <li>Use patterns of play changing depth and angles</li> <li>Understanding when to attack and when to defend</li> <li>Or when to hit On the Rise or hit High Over the Net</li> </ul>
<b>DRILLS/ACTIVITIES/GAMES</b>	<ul style="list-style-type: none"> <li>Eye Coach Machine for Technique and Timing</li> <li>Lobster Progression • Sword and Shield pop up game</li> <li>Hand Toss Rally Feeds • Champs vs Chumps</li> <li>Champ of the Court</li> </ul>	<ul style="list-style-type: none"> <li>Eye Coach Machine for Timing and Spin</li> <li>Sword and Shield pop up game • Champs vs Chumps</li> <li>Champ of Court • Red Rover Volley Game</li> </ul>	<ul style="list-style-type: none"> <li>Advanced Spin Drills • Sword &amp; Shield pop up game</li> <li>Champs vs Chumps • Champ of Court • Red Rover</li> <li>2 on 1 Progression Drills</li> </ul>
<b>TESTING CRITERIA TO MOVE UP TO THE NEXT CLINIC LEVEL</b> <b>EXTRA CREDIT:</b> <ul style="list-style-type: none"> <li>•Purchase Eye Coach</li> <li>•4 Weeks of Eye Coach Training at home— 5 minutes a day</li> <li>•Send email and recording of training tracking progress.</li> </ul>	<ul style="list-style-type: none"> <li>• <b>NEXT CLINIC LEVEL IS "ORANGE 2"</b></li> <li>• Able to rally 5 balls in a row with a coach (FH &amp; BH)</li> <li>• Able to make 5 out of 10 serves in the correct box</li> <li>• Able to drop and hit and execute 5 out of 10 FH's crosscourt, emphasizing placement</li> <li>• Able to execute 5 in a row "Shield and Sword"</li> </ul>	<ul style="list-style-type: none"> <li>• <b>NEXT CLINIC LEVEL IS "ORANGE 3"</b></li> <li>• Able to rally 5 balls in a row with another student of similar ability</li> <li>• Able to make 7 out 10 serves in correct box</li> <li>• Able to make 7 in a row "Swords and Shields"</li> <li>• Able to demonstrate ability to hit some topspin</li> </ul>	<ul style="list-style-type: none"> <li>• <b>NEXT CLINIC LEVEL IS "Yellow 1 or 2"</b></li> <li>• Able to rally 5 balls in a row crosscourt often times using moderate topspin vs a student of similar ability</li> <li>• Able to make 7 out of 10 serves to specific targets in box</li> <li>• Able to be able to make 7 balls in a row alternating hitting Crosscourt and Down the Line vs 2 players</li> <li>• Majority of balls have topspin.</li> </ul>



## 2015 JUNIOR TENNIS LEAGUES

### ♦ MATA SPRING JUNIOR TENNIS LEAGUE

Spring League Geared toward teams of  
5th & 6th Graders (5-6 Players per team)  
(We will entertain interest for 3rd/4th. If interest in 7th/8th  
grades, we can have a non-team league of singles)

Wednesdays, 6:00pm - 7:30pm

March 18 - April 29, 2015

### ♦ MATA SUMMER JUNIOR TENNIS LEAGUE

Open to ages 8-18 (3 girls/3 boys per team MINIMUM)

Teams of 8U, 10U, 12U, 14U, 18U

Qualifying Season for Junior Team Tennis State

Championships in Auburn, July 10 - 12, 2015

Dates and times in June TBA based upon

Participation

### ♦ MATA FALL JUNIOR TENNIS LEAGUE

Open to ages 8-18 (5-6 Players per team)

Teams of 8U, 10U, 12U, 14U, 18U players

Wednesdays, 6:00pm - 7:30pm

September 16 - October 21, 2015



If interested in participation in any of these leagues or for more information,  
please contact our Local Junior Team Tennis League Coordinator, Linda Bogolin at  
[lrteamtennismobile@gmail.com](mailto:lrteamtennismobile@gmail.com)

## Mobile Tennis Center 10 & Under Tennis Clinic

4-5pm

Tuesdays & Thursdays

Cost: \$90 / 4 week session

### 3 Levels of Instruction:

**Orange 1:** New & Less Experienced Players

**Orange 2:** Moderately Experienced Players

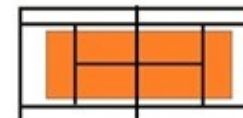
**Orange 3:** Experienced Players

Ages 9-10

Orange Balls, 60' Court (Blue Lines),

23" or 25" Racket

Call or Come by  
Mobile Tennis Center City Desk  
to register  
Cash or Credit Card Only  
251-208-5181



60' Orange Court